

In the indigestion of undigested lymph chyle (Rasa), which begets an aching pain in the limbs, with a numbed, confused feeling in the head and a distaste for food, the patient should be advised to forego all food and drink, and to take a sleep in the day. In the Vishtambha form of indigestion, which is marked by tympanites, colic, and suppression of stool and urine, diaphoretic measures should be employed, and solution of common salt should be internally administered. The three forms of indigestion (A'ma, Amla and Vishtambha) should be regarded as respectively due to the actions of the deranged Kaphah, Pittas, and Vayu. A prudent man, (suffering from indigestion), should plaster his abdomen with a paste of Hingu, Trushana, and rock salt, and enjoy a siesta in the day, inasmuch as these measures are found to be curative in all forms of indigestion. Hosts of bodily ailments result from the use of unwholesome food, hence one should refrain from taking any food that proves incongenial to one's system. A potion of honey and warm water acts as a digestant, and milk is incompatible with Karira, fish- and milk-curd, The group of drugs, which is known as the major fancha Mulam and which consists of Vilva, Shonyaka, Gambhari, Patala, and Ganikarika, is appetising, and subdues* the deranged Vayu and Kaphah. The group of drugs, which is known as minor Pancha Mulam, and which consists of Shalaparni, Prishniparni, Gokshura, Vrihati and

Kantakan_r

is restorative and subdues the deranged VeLyu
and Pittam.

These two groups of drugs jointly form what is
called Dasha

Mulam,¹ which form*; curative in Sdnnipatika
forms of fever,

cough, asthmaj aching pain at the sides, and
somnia. lence.

Medicated oils and Ghritas, cooked and prepared
with the

aforesaid Dashamulam, as well as Da^harnula
plasters and

pastes cure Sannipatika forms of diseases. Take
water four

times as much as the drugs, boil it down to its
quarter part,

add oil or Ghrita, four times as much as this drug-
decoction.,

and milk to the weight of the oil or Ghrita, and
drug-paste to